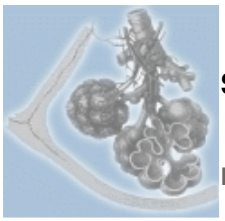

Sunday , 02 September 2012

Halle A-12 Session 92 12:50-14:40
TP **Thematic Poster Session : Diagnostic insights and decision making in primary care**

P730

Subjective (CAT, MMRC) versus objective (PFT, 6MWD, SPO2) assessment in stable COPD patients

H. Ghobadi Marallu, S.M. Lari, N. Fouladi, K. Beukaghazade (Ardabil, Mashad, Islamic Republic Of Iran)

Background: Chronic obstructive pulmonary disease (COPD) is a prevalent respiratory disease that leads to morbidity and mortality in the word. The excess of investigation has shown that this illness is not confined only to the respiratory system, but it is a systemic inflammatory disease which affects different system of patients.
The aim of this study was to investigate the relationship between subjective tests such as COPD assessment test (CAT) and Modified Medical Research Council (MMRC) scale with objective tests in stable COPD patients.
Methods: We evaluated 60 stable COPD patients in a cross-sectional study, quantifying the following: dyspnea with MMRC scale, lung function parameters, exercise capacity with six-minute walk distance (6MWD), oxygen saturation (Spo2), BODE index and the number of exacerbation during the last year. Then, the CAT questionnaire was completed by all patents.
Results: There was a significant difference between the CAT score with BODE index ($p<0.001$). Significant correlation was observed between CAT score and MMRC scale ($p<0.001$, $r=0.55$). The negative association was found between CAT with $FEV_{1\%,}$ and Spo2 ($p<0.005$, $r=-0.39$ and $p<0.001$, $r=-0.47$ respectively). There was negative significant correlation between the CAT score and 6MWD ($p<0.001$, $r=-0.49$). Frequent exacerbation was found in patients with higher CAT scores.
Conclusion: The CAT score is a reliable indicator of airflow obstro.39uction, dyspnea scale, exercise capacity and saturation of arterial oxygen in COPD patients and can be used as a predictor of exacerbation risk in stable COPD.Key word: COPD exacerbation, CAT, MMRC, 6MWD.